

Hollow body exercises for gymnastics - “cheat sheet”

Some or all of these can be used as a warmup, inbetween sets, or as part of supersets. How long you hold these positions depends on your goals, the goals of your sport, and the difficulty of the positions you are working on.

Basic positions:

Hollow body bridge

Dead hang on bar

Supine hollow body hold

Lean pseudo planche

Side planks

Front jump support to bar and hold hollow body

Inverse back hang

Inverse front hang

Work progressions up to:

Back lever

Front lever

Elbow lever

Clutch flag

Press flag

Headstand

Handstand

Planche on floor; planche on rings; planche pushups

Finally, work connections – a few examples:

Lean pseudo planche → side plank → hollow body shoulder bridge → side plank

Back extension roll → hold handstand → lean pseudo planche

Work up to difficult connections, such as:

Straight arm planche on floor → handstand